

# DIRECTIONS

K FOR THE

PREVENTION

and CURE of the

# PLAGUE.

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*Fitted for the Poorer sort.*

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Wisdom 17. 12.

*For FEAR is nothing else but a Betraying of those  
Successors which Reason offereth.*

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LONDON,  
Printed by J. Grismond, 1665.

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Printed for the Author by

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successes which might be expected.

LONDON

Printed by J. Gifford, 166.

(1)  
Directions for the Prevention and Cure  
of the PLAGUE.

*Fitted for the Poorer sort.*

I. DIET.



LET every mans Diet be moderate, and of such Nourishments as are least subject to putrefie and corrupt. A small Breakfast, a Dinner of solid and wholesom meats, and a light Supper. Those who cannot go to the price of Flesh, may make use of Flesh-broths, (which may be had at every Cooks) also of Bread and Butter, old Cheese, Toste and Drink, Toste and Butter, and the like, drinking sometimes in the day a draught or two of Purle, or strong Beer or Ale, especially in the morning.

Let them abstain from the boiled herbs of Colliflowers, Cabbage, Coleworts, Spinage, and Beets; also from all wallowish and lushy fruits, as sweet Plums, sweet Apples, Pears, Peaches, Mallacotoons, Cucumbers, Pompions, Melons, ripe Gooseberries, ripe Grapes, Apricocks unless eaten with the kernels; also from raw herbs, as Reddish, Spinage, &c. But all fruits baked or thoroughly corrected by the fire, are better than raw.

For Sallads, those that desire them may use Sampier boiled and pickled, and served with Vinegar; and so Capers, Ashen-keys, Broom-buds, Elder-flowers, Clove-gilliflowers. &c. Or for raw Sallads, Lettuce, Purslane, Wood-sorrel, common Sorrel, Tarragon, white Endive, Borage and Bugloss-flowers, both wilde and garden, served with a little Mustard (for them that can bear it) and Vinegar and Oyl, or at least with Vinegar; and all moderately used.

It is thought very expedient that all Brewers, both about the City and Suburbs, do fume their empty Casks very well with Brimstone before they fill them; and withall adde unto each Barrel about an handful of Bay Salt burnt in a Crucible or Earthen pot unglazed till it leave crackling, together with a handful of Bran, and both put into the same Barrel: For it may be a great means to stop and cease the Plague, because it will reach even to the poorest sort, who are otherwise (by means of their poverty) like to be destitute of any other Preservatives.

## II. PRESERVATIVES.

**T**AKE every morning and evening one good spoonful of one of these Liquors following, drinking immediately after it a draught of Mace-ale, or Purle, or strong Beer, if they find themselves in any imminent danger.

1. Take the best White-wine Vinegar one pint, of London-treacle four ounces, mix them well together in a glass, bottle and keep them close stoppt. Or,

2. Take Carduus benedictus seeds, and Bur-dock seeds, Ivie berries, and Juniper berries, of each well bruised one ounce; the roots of Celandine, Angelica, Elecampane, and Valerian, of each 6 drams, Garlick half an ounce, Baum, Mint, and Vervine, each half an handful; let them all be cut and bruised, and then infused in 6 pints. of the best White-wine Vinegar in a bottle close stoppt for 5 or 6 days, then strain out the Vinegar, and keep it for use as before. Or,

3. Take of this following Electuary a dram, or half a dram, according to the age and strength of the Patient, but for a Child much less, drinking after it a draught of Purle, or as before.

Take Conserve of Wood-forrel 2 ounces, of flower of Brimstone finely powdered 2 drams, Diaecordium half an ounce,

ounce, of the temperate cordial Species 4 scruples, of sy-  
rup of Wood-sorrel as much as will make it up into a  
moist Electuary.

Let the Rooms of every house, especially such as are in-  
fected, be well fumed at least twice every day, either with  
about half an ounce of Brimstone grossly powdered, and  
lapt up in a paper, and laid on a piece of Board or Tile,  
and set on fire, and carried from Room to Room till it be  
burnt out. Or with a Link lighted, and carried in like  
manner from Room to Room till all be well smoked, and  
then put it out.

It will be advantageous in the way of Preservation to  
forbid the sale or carrying out any infected Clothes; or  
indeed any thing from infected houses, till such time as it  
shall please God the Plague totally cease.

It is the general received Opinion of Physicians, that  
all those who meet in publick Congregations should be-  
fore-hand take some little refreshment, and if they are so  
accommodated, to make use of some Antidote withall;  
and not by being *altogether empty* to expose themselves to  
receive any Contagion each from other, which may easily  
happen when many (as is usually found) having the Infe-  
ction in their clothes or otherwise, do press into the same  
place. For long Fasting draws in the Pulse and Vital  
strength, weakens the Animal Spirits, and consequently  
induces Fear and Melancholy, whereby Contagion easily  
enters the enfeebled Body, and so spreads and continues  
the Plague.

Further it is convenient for the preventing the spread-  
ing of the Infection, that about half an hour at least before  
the people meet there be burned in the Churches in seve-  
ral places some Powder of Brimstone, or some Pitch, or  
Tar, or other Perfume of like nature and efficacy against  
the Plague, but there is none like Brimstone.

It will without doubt be advantageous, that plenty of  
Sea-

Sea-coles be timely provided, that they may be had at reasonable prises, that so the Poor may be able to keep Cole-fires in their houses, which will be a great Preservative against the increase of the Sickness.

Also that there be especial care had about Burials of the Dead of the Plague. First, that none be buried in the Churches. Secondly, that they be buried very deep in the earth. Thirdly, that no Grave that hath been made since the first appearing of this Plague be digged up, or another made very near it, lest the venomous reeks of the body break forth at the place opened, and infect the Air. In case there be not room enough in the Church-yard, some other ground must be allotted and provided without the City and Suburbs, where the Dead may be buried distinctly, and not heaped one upon another, because when many are buried together, their putrid ferment will easily grow to that strength, that the Earth will hardly be sufficient to suppress the steems of it. Fourthly, that the constant Bearers be admonished not promiscuously and needlessly to mingle themselves with others, nor entertain discourses with heedless Boys and Children, who may easily receive harm from them.

### III. CURE.

**T**Hose Poor People that are actually infected and begin to be sick, must by all means (as they tender the possibility of their recovery) keep themselves within doors, and avoid rambling out into the open Air, or looking out at windows, either of which strikes the venom inward to the Heart and Bowels; wherefore their safest course is presently to betake themselves to their beds, where they must lie alone, and in bed take this Medicine following, or the like.

Take London-treacle a quarter of an ounce, one ounce  
of



of White-wine Vinegar, one ounce of the juice of Wood-forrel or juice of Orengeſes, 20 grains of the Salt of Worm-wood, and one ounce and an half of Plague-water of *Matthias*, deſcribed in the College laſt book, pag. 13. and if they vomit it, renew it again as ſoon as the Stomach begins to be ſetled. About an hour after let them drink about half a pint of White-wine or other Poſſet-drink, and lie in bed as quiet as they can, and ſweat as long as they can well bear it, taking now and then a draught of the ſame or other Poſſet-drink; and about 6 hours after the firſt draught, take another of the ſame Medicine; and ſo continue every 6 or 8 hours till the poiſon of the diſeaſe be ſpent. In the mean time ſince in 12 hours at the leaſt let them be reſreſhed with Water-gruel, Mace-ale, Oatmeal-caudle, Harts-horn-gelly, ~~Glucked-brath~~ with Mace, Marigold-flower, and Harts-horn, with a handful of Wood-forrel boiled together, or any ſuch like, which they can beſt get.

Children and Women with child being infected may take Gaſcoine powder made by the Apothecary, 20 grains in a ſpoonful of White-wine Poſſet-drink, drinking immediately after it a good draught of the ſame with two ſpoonfuls of the Plague-water, or one for a Child.

It is expedient in the courſe of cure that Bliſters be raiſed in ſeveral parts of the body; provided that not above four (if large) be applied at once; onely the diſeaſe continuing or increaſing, others may be ſucceſſively laid on ſome two or three days after the firſt; leſt otherwiſe if there ſhould be too many laid on at once, they ſhould procure ſuch a difficulty and pain in making water, as will not eaſily then be born. The places moſt proper for Bliſters are the inſide of the Arms a little above or a little below the Elbow, the inſides of the Thighs a little above the Knees, the inſides of the Calves of the Legs, alſo a little below.

below the Groin, and a little below the Arm-pits; likewise behind the Ears: and upon the shape of the Neck, which may be heard double as large as any of the others. The place ought to be elected by the present Physician, so that it may best evacuate the matter from the parts to which Nature endeavours to thrust it.

Let the Rooms where any sick persons are lodged be diligently kept clean and sweet, free from all nastiness and fluttishness, & where conveniently there may let Sea-cole fires be made; and sometimes let the Rooms be fumed with Brimstone, as before directed. Some change their Linen before the disease be fully sweated out, which is conceived to be very dangerous; therefore we advise they do not change till all Symptoms cease.

*For the Bubo or Batch.*

Those that cannot apply such Poulitisses as are appointed by the College for want of attendance, may make use of this Plaster following.

Take *Empl. de amoniac.* and *diachyl. simpl.* of each half an ounce, and of the Plaster of *Muccilag.* a quarter of an ounce, mix them at the fire, and spread it upon thin leather punct full of holes; and apply it to the place; it will ripen and break the Sore, and draw out the Matter.

*For the Carbuncle.*

Take Wheat-flowre and Soot of each an ounce, sweet Sope, and Turpentine half an ounce, make it up with the yolks of two Eggs; the Turpentine and Eggs must be first mingled in a Mortar with a hot Pestle, then adde the rest, and apply it warm to the place.

There are two Cordial Sudorifick Powders, proper against the Plague; the one for Men, the other for Women, at Mr. Coniers at the Unicorn in Fleet-street, with Directions for their use.





